

VU Research Portal

Worksite health promotion in the construction industry

Viester, L.

2015

document version

Publisher's PDF, also known as Version of record

[Link to publication in VU Research Portal](#)

citation for published version (APA)

Viester, L. (2015). *Worksite health promotion in the construction industry*. [PhD-Thesis - Research and graduation internal, Vrije Universiteit Amsterdam].

General rights

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

- Users may download and print one copy of any publication from the public portal for the purpose of private study or research.
- You may not further distribute the material or use it for any profit-making activity or commercial gain
- You may freely distribute the URL identifying the publication in the public portal ?

Take down policy

If you believe that this document breaches copyright please contact us providing details, and we will remove access to the work immediately and investigate your claim.

E-mail address:

vuresearchportal.ub@vu.nl

Contents

Chapter 1	General introduction	7
Chapter 2	The relation between body mass index and musculoskeletal symptoms in the working population	17
Chapter 3	VIP in construction: systematic development and evaluation of a multifaceted health programme aiming to improve physical activity levels and dietary patterns among construction workers	35
Chapter 4	Process evaluation of a multifaceted health programme aiming to improve physical activity levels and dietary patterns among construction workers	65
Chapter 5	Improvements in dietary and physical activity behaviours and body mass index as a result of a worksite intervention in construction workers: results of a randomised controlled trial	85
Chapter 6	The effect of a health promotion intervention for construction workers on work-related outcomes: results from a randomised controlled trial	105
Chapter 7	Cost-effectiveness and return-on-investment analysis of a worksite intervention aimed at improving physical activity and nutrition among construction workers	123
Chapter 8	General discussion	153
	Summary	175
	Samenvatting	179
	Dankwoord	183